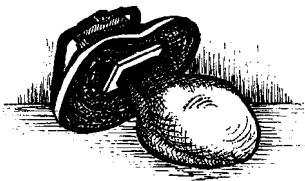
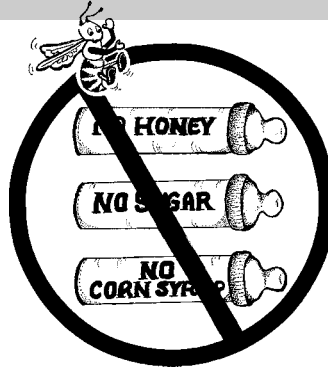


Dental

- ☐ Put your baby to bed without a bottle. Instead, give your baby a soft toy, blanket, or clean pacifier at nap or bedtime.
- ☐ Wipe your baby's teeth and gums gently with a child's soft toothbrush or clean washcloth each day.
- ☐ Look at your baby's teeth each day. Call your dentist if you see white, brown, or black spots.
- ☐ Thumb and/or pacifier sucking is OK. Never tie pacifier around your baby's neck. Do not dip it in honey or anything sweet. Sugar water, soda, sweetened drinks or fruit juice in the bottle can cause tooth decay.
- ☐ Start to offer your baby a cup.
- ☐ Relieve teething pain by rubbing your baby's gums gently and/or offering a clean teething ring.
- ☐ Ask your doctor or dentist about fluoride for your baby's teeth.
- ☐ Store fluoride out of your baby's reach.



Nutrition



- ☐ Breastmilk is the best food for your baby. Mother should eat healthy foods and drink plenty of fluids.
- ☐ Feed your baby breastmilk or formula with iron.
- ☐ Hold your baby while breast or bottle feeding.
 - Use a training cup for plain water or fruit juice.
 - Give your baby infant cereals, strained vegetables and fruits by spoon, not in a bottle.
 - Do not add salt or sugar to solid food.
 - Let your baby decide how much to eat.
- ☐ Start one new food at a time. Wait 5 days before giving the next new food.
- ☐ Watch for rashes or sickness.
- ☐ Honey or corn syrup can make your baby very sick.
- ☐ Do not give baby desserts.

5 - 6 Months

Growing Up Healthy



Name: _____

Height: _____ Weight: _____

Today's Date: _____

Next Appointment:

Date: _____ Time: _____

Keep emergency numbers handy:



Police, fire, ambulance: Call 911

Poison Control Number: 1-800-876-4766

- Learn Infant CPR
- Put smoke alarms in hallways and every bedroom, check every 6 months.
- Have a carbon monoxide alarm.



Health and Safety

- ❑ Put baby to sleep on the back, not the side or stomach. No pillows in bed.
- ❑ Use a crib with non-lead based paint; bars no more than 2-3/8 inches apart and no corner posts.
- ❑ Use a firm, flat mattress with no soft bedding. Remove plastic wrap.
- ❑ Keep crib away from windows, drapes, cords and blinds.
- ❑ Lower crib mattress when baby is learning to sit and stand. Remove crib toys.
- ❑ Childproof your home. Cover electrical outlets with safety plugs. Check cabinets, drawers and toilet lids.
- ❑ Put your baby in an infant car seat for every ride.
- ❑ Buckle infant car seat in the back seat.
- ❑ Never put your baby or children in the front seat if there is an airbag.
- ❑ Keep small objects, plastic bags and balloons away from your baby.
- ❑ Turn water heater to less than 120°.
- ❑ Test bath water before baby goes in. Never leave baby alone.



Parenting Tips

All babies are different. Your baby is special in its own way.

What to Expect

- ❑ All babies are different. Do not expect your baby to act or grow exactly like other babies the same age.
- ❑ Your baby may:
 - Reach for objects
 - Roll over
 - Squeal
 - Put things into mouth
 - Feel and shake objects
 - Sit up with support

What You Can Do

- ❑ Babies learn quicker when you spend time with them. Take time to play, talk, sing and read to your baby.
- ❑ Put your baby in a safe area on the floor to play. Let your baby crawl to have strong legs and arms.
- ❑ Give your baby brightly colored toys that make soft noises when moved or squeezed. Check toys for loose parts that baby may swallow or choke on.
- ❑ Play games like pat-a-cake and peek-a-boo with your baby.
- ❑ Give your baby attention and love.

If you find yourself about to hit, shake or harm your baby, call a "Hot Line" or a friend for help.

5 - 6 Months

Health and Safety

- ❑ Take your baby for regular health exams and vaccines (shots).
- ❑ Never leave your baby alone or with a stranger.
- ❑ Never shake, toss or swing your baby in the air in anger or even in a playful way.
- ❑ Do not use an infant walker, it may cause injuries.
- ❑ Label and lock up pills, medicines, and poisons.
- ❑ Keep your baby's skin, hair, body, clothes and bedding clean.
- ❑ Wash your hands with soap and water before and after changing diapers.
- ❑ Keep your baby away from loud noises.
 - Loud noises can damage your baby's hearing.
 - A noise is too loud if you have to raise your voice to talk to someone only 3 feet away.
- ❑ Keep your baby away from tobacco smoke. Stop all tobacco use.

